

**Amendments to the claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of the Claims**

Claims 1 - 10 (canceled)

Claim 11 (currently amended): A method of preparing a foodstuff ~~for use in a method according to any one of claims 1 to 10 which method comprises~~ comprising substituting constituents with a low resistant starch content with constituents with a high resistant starch content and substituting some or all of the saturated fats with unsaturated fats.

Claim 12 (original): A method according to claim 11 wherein at least 5% of the carbohydrate content is replaced with resistant starch content and at least 10% of the saturated fat content is replaced with unsaturated fat.

Claim 13 (original): A composition comprising at least 2 g of resistant starch and at least 2g of unsaturated fat wherein the resistant starch is present in a proportion of at least 5% by weight of the total starch content.

Claim 14 (original): A composition according to claim 13 wherein the resistant starch is present in a proportion of at least 5% by weight of the total carbohydrate content.

Claim 15 (currently amended): A composition according to claim 14 ~~or claim 15~~ wherein some or all of the resistant starch is, or is derived from, a high amylose maize starch having an amylose content of 50% or more by weight.

Claim 16 (currently amended): A composition according to ~~any one of claims 13 to 15~~ claim 13 wherein the unsaturated fat is present in a proportion of at least 25% by weight of the total fat content.

Claim 17 (original): A composition according to claim 16 wherein the unsaturated fat is present in a proportion of at least 50% by weight of the total fat content.

Claim 18 (original): A composition according to claim 17 from which saturated fats are substantially absent.

Claim 19 (currently amended): A composition according to ~~any one of claims 13 to 18~~ claim 13 wherein the unsaturated fat is selected from one or more of a mono-unsaturated fat, a poly-unsaturated fat, an omega-3 fat, and an omega 6 fat.

Claim 20 (currently amended): A composition according to ~~any one of claims 13 to 19~~ claim 13 which further comprises at least one further ingredient selected from the group consisting of a flavouring agent, a vitamin source, a mineral source, an electrolyte, and a trace element.

Claim 21 (currently amended): A composition according to ~~any one of claims 13 to 20~~ claim 13 in the form of a low calorie diet having an energy content of from 800 to 1200 kcal per day.

Claim 22 (currently amended): A composition according to ~~any one of claims 13 to 20~~ claim 13 in the form of a diet having an energy content of more than 1200 kcal per day.

Claim 23 (currently amended): A composition according to ~~any one of claims 13 to 20~~ claim 13 in the form of a diet of more than 2000 kcal per day.

Claim 24 (currently amended): A composition according to ~~any one of claims 13 to 23~~ claim 13 in the form of a powdery mixture, said powdery mixture being soluble, suspendable, dispersible or emulsifiable in a water-containing liquid.

Claim 25 (currently amended): A composition according to ~~any one of claims 13 to 23~~ claim 13 in the form of granules.

Claims 26 -35 (canceled)

Claim 36 (currently amended): A foodstuff comprising a composition according to ~~any one of claims 13 to 22~~ claim 13.

Claim 37 (currently amended): A prepackaged meal comprising at least one meal

component which comprises a composition according to ~~any one of claims 13 to 25~~ claim 13.

Claim 38 (currently amended): A method for producing a composition according to ~~any one of claims 13 to 25~~ claim 13 which method comprises replacing (i): some or all of the carbohydrate content of the composition with resistant starch and (ii): some or all of the saturated fat content of the composition with unsaturated fat.